

Sun	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Sat
	<p align="center">Crawford County Commission on Aging & Senior Center</p> <p align="center">October 2019</p> <p align="center">At-A-Glance Meal & Activities Calendar</p>	<p align="center">1 BLT Wrap</p> <p>9am Tai Chi 10am Bible Study 10am Zumba Gold 11am Line Dancing 11:30am-12:30pm Lunch – Taco Salad, Pinto Beans, Broccoli, Apricots 1pm Euchre 1pm Gentle Yoga 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Chicken Fettuccine Alfredo, Sugar Snap Peas, Broccoli, Strawberries 5pm Write Your Life 5:30pm Water Aerobics Grayling Super8</p>	<p align="center">2 Mediterranean Chicken Wrap</p> <p>9&10am Water Aerobics Grayling Super 8 10am Craft & Chat 11:30am-12:30pm Lunch – Roast Turkey, Mashed Potatoes w/ Gravy, Peas & Onions, Pear 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 4:30-5:30pm Dinner – Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Applesauce</p>	<p align="center">3 Roast Beef Pita</p> <p>9am Tai Chi 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 10:30am Mushroom House Trip 11:30-6pm Foot Clinic-Need Appt 11:30am-12:30pm Lunch – Beef Pot Pie, Mashed Potatoes, Brussels Sprouts, Burst O' Berries 1pm Penny Bingo 4:30-5:30pm Dinner – Ravioli Squares, Italian Blend Vegetables, Tossed Salad, Grapes 6pm Chair Yoga with Dianne</p>	<p align="center">4 Egg Salad Pita</p> <p>10am Pinochle 10am Equipped to be Fit 10am Walk in the Woods @ Gahagan 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple 1pm Pantry Bingo Sponsored by Friends & Family of Christine Sayad 1pm Pool – 9 Ball</p>	<p align="center">5 10am Mt. Hope Food Truck</p>
6	<p align="center">7 Chicken Caesar Wrap</p> <p>10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes 12:30 Beginning Clogging 1pm Bridge Club 1:30 Clogging</p>	<p align="center">8 Roast Beef & Cheese Wrap</p> <p>9am Tai Chi 10am Bible Study 10am Zumba Gold 11am Line Dancing 11:30am-12:30pm Lunch – Chicken Fajita, Green Beans, Tossed Salad, Apple 1pm Euchre 1pm Gentle Yoga 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Breaded Fish Fillet Sandwich, Asparagus, Pear 5pm Write Your Life 5:30pm Water Aerobics Grayling Super8</p>	<p align="center">9 Chicken Salad Pita</p> <p>9:30am Commodities @ St. Mary's 9&10am Water Aerobics Grayling Super 8 10am Craft & Chat 11:30am-12:30pm Lunch – Chicken Cacciatore, Brown Rice, Peas & Carrots, Apple 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 4:30-5:30pm Dinner – Meatloaf, Mashed Potatoes w/ Gravy, Broccoli, Strawberries</p>	<p align="center">10 Tuna Salad Wrap</p> <p>9am Tai Chi 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30am-12:30pm Lunch – Hamburger, Green Beans, Tossed Salad, Burst O' Berries 1pm PATH @ MSUE 1pm Penny Bingo 1pm Wii Bowling at Cheboygan 4-6pm Harvest Dinner – Garlic Roasted Cornish Hens, Honey Glazed Carrots, Wild Rice w/ Green Onions, Cranberry Relish Salad, Cherry Cobbler</p>	<p align="center">11 Roast Beef Wrap</p> <p>10am Pinochle 10am Equipped to be Fit 10am Walk in the Woods @ Hanson Hills 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange 12pm Frederic Satellite 1pm Pantry Bingo Sponsored by Friends & Family of Christine Sayad 1pm Pool – 9 Ball</p>	12
13	<p align="center">14 Roast Beef Wrap</p> <p>10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi 12:30 Beginning Clogging 1pm Bridge Club 1:30 Clogging</p>	<p align="center">15 BLT Wrap</p> <p>9am Tai Chi 10am Bible Study 10am Zumba Gold 11am Line Dancing 11:30am-12:30pm Lunch – BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Watermelon 1pm Euchre 1pm Gentle Yoga 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Beef Tips, Brown Rice, Asparagus, Applesauce 4:30pm Paint Party 5pm Write Your Life 5:30pm Water Aerobics Grayling Super8</p>	<p align="center">16 Mediterranean Chicken Wrap</p> <p>9&10am Water Aerobics Grayling Super 8 10am Craft & Chat 11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St 11:30am-12:30pm Lunch – BBQ Chicken, Parsley Potatoes, Carrots, Grapes 1-3pm Smart 9-1-1 Signup 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 4:30-5:30pm Dinner – Lemon Baked Fish, Redskin Potatoes, Asparagus, Pear</p>	<p align="center">17 Roast Beef Pita</p> <p>9am Tai Chi 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30am-12:30pm Lunch – Spaghetti & Meatballs, Tossed Salad, Grapes, Breadstick 1-4pm Legal Assist-Appt. Required 1pm PATH @ MSUE 1pm Penny Bingo 3pm Medicine Shoppe Bingo 4:30-5:30pm Dinner – French Dip Sandwich, Redskin Potatoes, Broccoli, Burst O' Berries 5:45pm Halloween Family Feud 6pm Chair Yoga with Dianne</p>	<p align="center">18 Egg Salad Pita</p> <p>10am Pinochle 10am Equipped to be Fit 10am Walk in the Woods @ Marl Lake 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Pork Roast, Baked Potato, Green Beans, Pear 12pm Lovells Satellite 1pm Pantry Bingo Sponsored by Friends & Family of Christine Sayad 1pm Pool – 9 Ball</p>	19
20	<p align="center">21 Chicken Caesar Wrap</p> <p>10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt 12:30 Beginning Clogging 1-4pm Hearing Clinic-Appt. Req'd 1pm Bridge Club 1:30 Clogging</p>	<p align="center">22 Roast Beef & Cheese Wrap</p> <p>9am Tai Chi 9am Breakfast Pres. 10am Bible Study 10am Zumba Gold 11am Line Dancing 11:30am-12:30pm Lunch – Stuffed Peppers, Broccoli, Grapes 1pm Euchre 1pm Gentle Yoga 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Dinner – Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Tossed Salad, Kiwi 5pm Write Your Life 5:30pm Water Aerobics Grayling Super8 6pm COA Board Meeting</p>	<p align="center">23 Chicken Salad Pita</p> <p>9&10am Water Aerobics Grayling Super 8 10am Craft & Chat 11:30am-12:30pm Lunch – Parmesan Cod, Cole Slaw, Prince Charles Vegetables, Banana 1-4pm DHHS Asst. Appointments 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 4:30-5:30pm Dinner – Beef Enchilada, Brown Rice, Corn, Pear</p>	<p align="center">24 Tuna Salad Wrap</p> <p>9am Tai Chi 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30am-12:30pm Lunch – Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Orange 1pm PATH @ MSUE 1pm Penny Bingo 1pm Wii Bowling w/ St. Helen 4:30-5:30pm Dinner – Sweet & Sour Meatballs, Brown Rice, Peas & Carrots, Kiwi 5:30pm Franklin D. Roosevelt Discussion 6pm Chair Yoga with Nicole</p>	<p align="center">25 Roast Beef Wrap</p> <p>10am Pinochle 10am Equipped to be Fit 10am Walk in Woods @ Wellington Farm 11:30am-12:30pm Blood Pressure Checks 11:30am-12:30pm Lunch – Salisbury Steak, Mashed Potato w/ Gravy, Brussels Sprouts, Grapes 1pm Pantry Bingo Sponsored by Friends & Family of Christine Sayad 1pm Pool – 9 Ball</p>	26
27	<p align="center">28 Roast Beef Wrap</p> <p>10am Aerobic Drumming Golden Beats 11:30am-12:30pm Lunch – Potato Crunch Pollock, Redskin Potatoes, California Blend Vegetables, Burst O' Berries 12:30 Beginning Clogging 1pm Bridge Club 1:30 Clogging</p>	<p align="center">29 BLT Wrap</p> <p>9am Tai Chi 10am Bible Study 10am Zumba Gold 11am Line Dancing 11:30am-12:30pm Lunch – Meatloaf, Mashed Potatoes, Brussels Sprouts, Strawberries 1pm Euchre 1pm Gentle Yoga 4:30-5:30pm Blood Press/Sugar Ck 4:30-5:30pm Birthday Dinner – Mediterranean Chicken Breast, Sweet Potato, Green Beans, Grapes Cake & Ice Cream 5:30pm Water Aerobics Grayling Super8</p>	<p align="center">30 Mediterranean Chicken Wrap</p> <p>9&10am Water Aerobics Grayling Super 8 10am Craft & Chat 11:30am-12:30pm Lunch – Breaded Chicken Breast, Italian Blend Vegetables, Asparagus, Kiwi 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 4:30-5:30pm Dinner – Lasagna, Tossed Salad, Apple, Breadstick</p>	<p align="center">31 Roast Beef Pita</p> <p>9am Tai Chi 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 11:30am-12:30pm Lunch – Witches Run Away Chicken, Mashed Ghostly Potatoes, Snake Pea Eye Balls, Bloody Good Watermelon 1pm Penny Bingo 4:30-5:30pm Dinner – Smothered Pork Chop, Broccoli & Cauliflower, Carrots, Banana 5:30pm Halloween Party</p>	 <p>The Crawford County Commission on Aging & Senior Center accepts donations using your bridge card!</p>	